



# **SINGLE SOLDIER READJUSTMENT**

- **Family (Your definition)**
- **Social**
- **Environment**
- **Occupation**



# **Readjustment for Soldiers with Families**

- **Household**
  - **Spouse**
  - **Children**
  - **Friends**
  - **Routine**
  - **Work**



# **READJUSTMENT: SOCIAL**

- **Shared Deployment Experiences and the unit “family”.**
- **Friends, Girlfriends/Boyfriends**
- **Family Readiness Groups change focus**
- **Feeling alone may be common.**

# **READJUSTMENT: ENVIRONMENT**

**Music!**

**Clothing**

**My Space -  
barracks, house,  
neighborhood**

**Acceptance by  
your community**



**Driving!**

**The weather!**

**Household  
Goods**

# **READJUSTMENT: OCCUPATION**

- **Will my job be different?**
- **Is my educational train off the track?**
- **Has my “workgroup” changed?**
- **How is my interaction with others?**
- **How do I feel about the garrison mission?**



# FINANCIAL READJUSTMENT



- \$ How can I ever live without that extra money?**
- \$ Make sure my extra entitlements stop!**
- \$ Financial problems can add to the stress of my transition.**

# Intimate Relationships

- Intimacy and sexual relationships may be a major adjustment.
- Re-establish this relationship slowly and naturally.
- Talk about how you feel.
- Ask how your partner feels about intimacy and sexual relationships.



# Barriers to Intimacy

**Unresolved issues**

**Fidelity issues**

**Feeling your partner  
is a stranger**

**Feelings of being  
rushed**

**Anxiety**

**Unrealistic fantasies  
and expectations**

**Anger, hostility, stress about the separation**





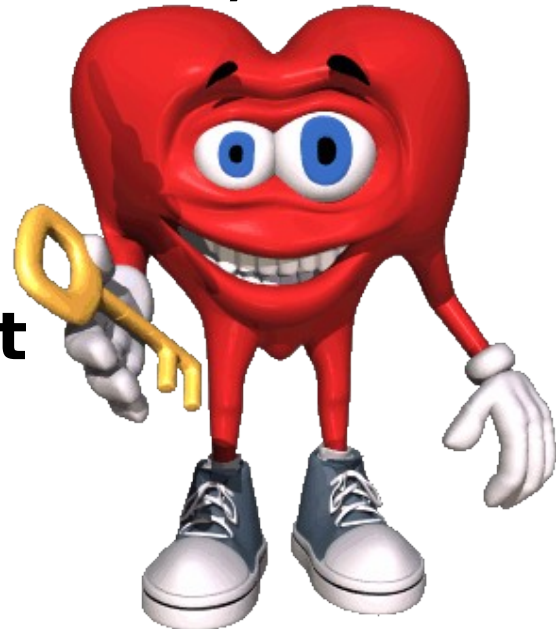
# Relationship Reducers

- Jealousy
- Anxiety
- Alcohol over-indulgence
- Illness/fatigue
- Going too fast/too slow
- Anger/resentment
- No “courtship”
- Children in the house
- Visiting relative/travel
- Unresolved problems
- Fear of pregnancy



# Relationship Builders

- 💖 **“Tune In” to your partner**
  - 💖 **Courtship, talking, touching and cuddling**
  - 💖 **Respect**
  - 💖 **Communicate, communicate, communicate**
  - 💖 **Take your time**
  - 💖 **Understanding**
  - 💖 **Practice makes perfect**
  - 💖 **Communicate**



# ***SUMMARY***

**Reunion ~ more than just  
coming home**

**A major life event for you  
and your loved ones.**

# Anyone need a break?

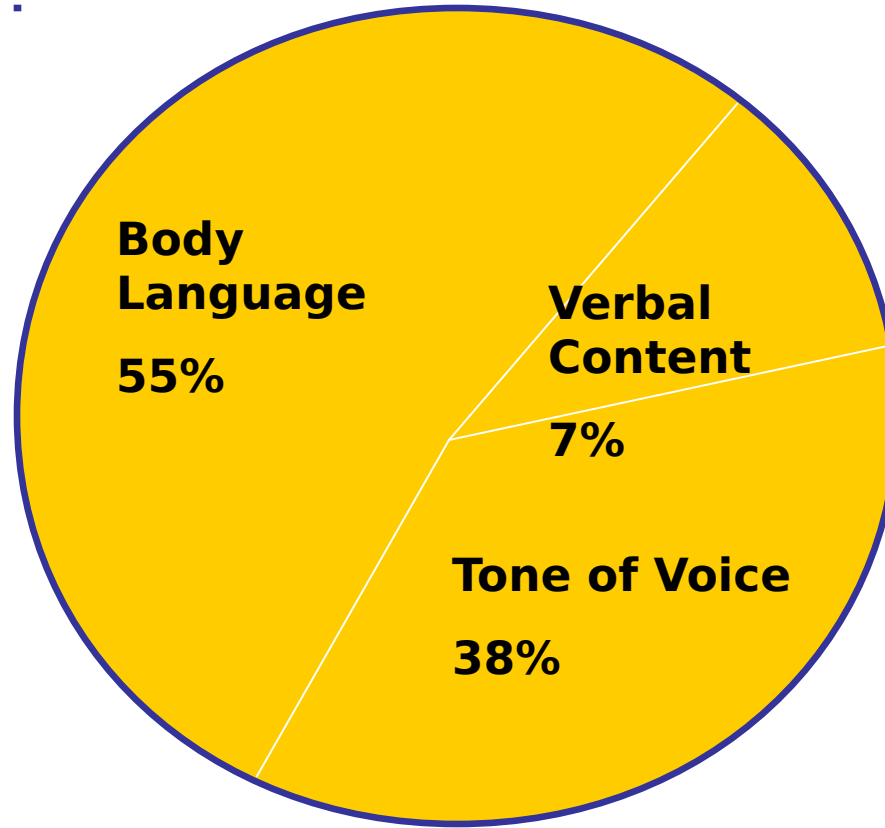


Actors wanted!!!

# **How Do WE Communicate?**



# Three Parts of a Message



# Communication Skills

- **Tune in**
- **Listen**
- **Give feedback**
- **Respond**



## Feedback

- **Sending messages**
- **Receiving messages**
- **Responding**

# Roadblocks to Communication

**Tone of voice**

**Negative comments**

**Hand gestures**

**Placing blame**

**Hurt**

**Confusion**

**Anger**

**Insults**

**“Always”, “Never”  
and “You” statements**

**Facial expression**

**Unresolved Issues**

**Profanity**





# Danger Signs

- Escalation
- Invalidation
- Negative Interpretations
- Avoidance and Withdrawal



# ANGER.....Is it ever Ok?

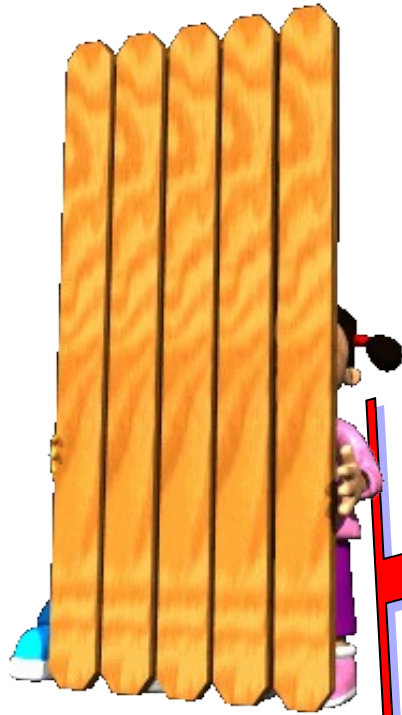


**YEP! It's okay, but  
you are in control!**

# ***ANGER***

- **Okay to be angry**
- **Refuse to abuse**
- **If it is getting the best of you - seek assistance.**
- **YOU control your response.**
- **You can have a break down or a break through - you decide!**

# Children and Reunion



How are the kids reacting?

# Children and Reunion

- **Plan time for the kids and the returning parent**

- (Yes, this means adults may have to wait!)

- **Allow time - get reacquainted slowly**

- **Children are resilient.**

# Children and Reunion



- **Be sensitive to children's need for time with returning parent**
- **Expect some negative feelings and reactions**
- **Avoid discipline extremes**
- **Involve children in reunion celebrations**
- **Find ways to express your love**

# Communicating with Children

- Accept that things are different
- Talk about your experiences
- Go slowly
- Spend time

# Reunion



**Expectations**



**Changes**



**Renegotiation**





# Homecoming Tips

## Family Situation

- **Don't disturb the family set-up that's working**
- **Take it easy on the kids**
- **Don't try to alter things immediately**
- **Don't pack off the kids right away**



# Real help. Anytime, anywhere.

You try to find enough time for everything—your family, your mission, your community, your life. Whether you're planning your deployment/reunion, preparing for a new baby, coping with a family problem or personal issue, or just dealing with the ups and downs of everyday life, more.

**Get in touch with us anytime:**

From the U.S.: 800.464.8107

From Germany: 00-800-4648-1077

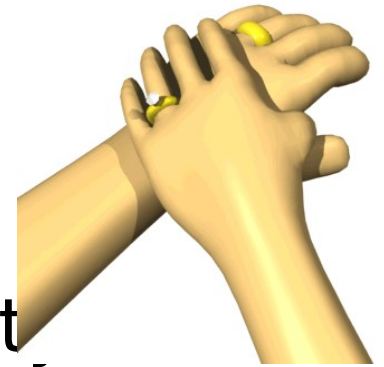
International collect: 484.530.5889

Or [www.armyonesource.com](http://www.armyonesource.com)

**User ID: army**

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# Community Resources



- Army Community Service (ACS)
- Chaplains
- Your Unit
- Social Work Service
- Financial Readiness
- Family Advocacy
- Army One Source
- Community Counseling Center
- Family Readiness Group
- School Counselors
- Mental Health
- Family Life Center
- AND More

# Conclusion

- Adjustments take time.
- Be open to the changes you have experienced.
- Take it slowly.
- Enjoy being with people that are important to you.

Re-Adjust  
Re-Unite  
Renegotiate